

Captain Wm. R.

Ballard Pool



Keep the torch burning!



Fall 2004 Programs

*Sept. 13 - Dec. 31, 2004**



Ballard Pool

1471 NW 67th / Seattle, WA 98117

Ph: (206) 684-4094

Visit our website at:

www.cityofseattle.net/parks/aquatics

**Closed for a budget closure September 7 - 12.*

See page 2 for explanation.

Ballard Pool

Staff

Karl Fields	Coordinator
Jenette Budrow	Asst. Coordinator
Angela Eddy	Asst. Coordinator
Bill Hudson	Pool Operator
Jyunko Samson	Senior Lifeguard
Scott Ferry	Senior Lifeguard
Gail Bailey	PPT Cashier
Kathie Huus	NW Sector Manager
Tom Ostrom	Sr. Recreation Program Coordinator
Christopher Williams	Operation Division Director

Hours of Operation

Fall 2004

Mon. - Fri.	6:00 - 7:30am
Mon. & Wed.	12:00 - 9:00pm
Tues. & Thurs.	12:00 - 9:30pm
Friday	12:00 - 8:00pm
Saturday	Closed
Sunday	11:00am - 7:00pm

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Fundraiser Opportunity

Here's how it works:

Every time you shop at the **Ballard Market** or **PCC stores please save your receipts**. The next time you visit the Ballard Pool please turn them into the white mail box located in our lobby. The Ballard Pool will total them, subtract the sales tax, and then submit them to PCC & Ballard Market. Then we get a check for 1% of the total pre-tax dollars spent! It's that simple!

If we have wide-spread support for this program, we can raise a lot of money for new swim equipment. Thanks for your support.

* Budget Closure Info

Each of Seattle Parks and Recreation's eight indoor swimming pools will close for one week beginning in 2003 due to City of Seattle budget cuts. In 2004 the one-week closure will, through savings in staff and utility costs, help the Department absorb a \$5 million budget cut.

We will be unable to provide pool services during a pool's closure, including recreation swimming, competitive swim practices, rental and public school use. Intermittent pool staff will not be scheduled for work. Regular permanent staff will be relocated to vacancies within the Parks system or may take earned vacation time.

We have made every effort to schedule the "budget closure" for each pool at a low-use period of the year, when outdoor pools are open, or following an already planned preventative maintenance closure. The closures are staggered throughout the year so that swimmers can always find alternative locations.

Ballard Pool's Budget Closure: September 7 - 12, 2004

Other Helpful Phone Numbers

Ballard Community Center	684-4093
6020 28th Ave. NW	
Loyal Heights Community Center	684-4052
2101 NW 77th St.	
Woodland Park Zoo	684-4800
5500 Phinney Ave N	
Aquarium	386-4320
1483 Alaskan Way, Pier 59	
Swimming Pools	
Evans Pool	684-4961
7201 E. Green Lake Dr. N	
Madison Pool	684-4979
13401 Meridian Ave. N.	
Meadowbrook Pool	684-4989
10515 35th Ave NE	
Medgar Evers Pool	684-4766
500 23rd Ave	
Queen Anne Pool	386-4282
1920 1st Ave	
Rainier Beach Pool	386-1944
8825 Rainier Ave	
Southwest	684-7440
2801 SW Thistle	

General Information

Department Mission Statement:

Seattle Parks and Recreation provides safe, healthy, and welcoming opportunities for people to come together to play, grow, build strong communities, and promote stewards of the environment.

2004 Fees

Individual Fees

Under 1 year	Free
Youth (1 - 18)	\$2.25
Adult (19 - 64)	\$3.25
Senior (65+)	\$2.25
Spec. Pops	\$2.25
Slide	\$1
Universal Gym	\$1
Shower Only	\$2
Towel Rental	\$0.50
Hydro-Fit & Aqua Jogging	
Equipment Rental	\$0.50

Punch Cards

Recreation:

\$20 for a \$22/value

Fitness:

\$30 for a \$33/value

Water Exercise, Hydrofit & Aqua Jogging:

Adults	\$3.75
Senior/Spec. Pops	\$2.50
<i>Equipment rental fee is included for classes</i>	

30 Day Pass

Adult F.A.S.T. Pass	\$45
Senior/Youth/Spec. Pops F.A.S.T. Pass	\$35

Merchandise

Latex Caps	\$3.25
Silicone Caps	\$8
Bubble Caps	\$8
Classic/Animal Goggles	\$6
Anti-Fog Goggles	\$12
Force Gloves	\$15
Swim Diapers	\$1.50
Ear Plugs	\$6.50
Shampoo/Conditioner/Swimwear Wash	\$7.50 each

Fees and Charges:

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks System as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

Credit Cards Accepted:

If you would like to pay for a class with a credit card, please drop by the pool office. Visa, MasterCard, and American Express are welcome.

Taxes:

Class and program fees listed in this brochure include sales tax where applicable in accord with current provisions of the state legislature of Washington.

Aquatic Mission Statement:

To offer Aquatic opportunities for fun, learning, fitness, skill development, and physical rehabilitation in a safe, clean, friendly environment.

Nondiscrimination Policy:

As a matter of policy, law and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.280).

ADA Compliance:

Reasonable accommodation will be made, upon request, for persons with disabilities. Ballard Pool is wheel chair accessible and is equipped with a mechanical lift to provide assistance for those who need help getting in and out of the water. A family changing room is available for families or for those who need assistance from someone of the opposite gender. For sign language interpretation, auxiliary aids or other accommodation, call V/TDD 684-4950.

Refund Policy:

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council to make a full refund to participants who register for a program that is cancelled by the Department or Advisory Council for any reason. If a participant drops a class or program for which he or she is registered prior to the second session of a series, the pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. If a participant drops a class or program after the second session of a series, no refund will be given. Occasionally, no refund or credit is available for a specific program or service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

Scholarships:

Seattle Parks and Recreation encourages participation by low-income City of Seattle residents. Scholarships or low income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial need. Information needs to be updated every six months. For further information, please call us at 206-684-4094.

Ballard Pool will be closed for the following

Fall Holidays

Mon., Sept. 6

Labor Day

(during budget closure)

Thurs., Nov. 11

Veterans' Day

Thurs. & Fri., Nov. 25 - 26

Thanksgiving

Fri., Dec. 24

Christmas Observed

Fri., Dec. 31

New Years Observed

Daily Swim Schedule

September 13 - December 31, 2004

Monday & Wednesday

6:00 - 7:30am*	Early Morning Lap Swim
12:00 - 1:15pm	Adult & Senior Swim
1:15 - 2:15pm	Water Exercise
2:30 - 4:00pm	Seattle Public Schools - BHS
4:00 - 6:00pm	Salmon Bay Aquatics (until 5:00pm on Wed.)
5:00 - 6:00pm	Public Swim (Wed. Only)
6:00 - 6:30pm	Kinder & Adv. Youth Lessons
6:30 - 7:00pm	Youth & 3 yr. Old Swim Lessons
7:00 - 7:30pm	Kinder Lessons (Mon. Only)
7:00 - 7:30pm	Youth & 3 yr. Old Lessons (Wed. Only)
7:00 - 8:00pm	Synchronized Swim Lessons (Mon. Only)
7:30 - 8:00pm	Adult & Private Lessons
	Pre-Competitive (drop-in)
8:00 - 9:00pm	Adult & Senior Swim

Tuesday & Thursday

6:00 - 7:30am*	Early Morning Lap Swim
12:00 - 1:15pm	Adult & Senior Swim
1:15 - 2:15pm**	Aqua Jogging
1:15 - 1:45pm	Day Care Lessons (Tues. Only)
1:15 - 1:45pm	Tot Lessons (Thurs. Only)
1:45 - 2:15pm	Kinder Swim Lessons
2:30 - 4:00pm	Seattle Public Schools - BHS
4:00 - 5:30pm	Salmon Bay Aquatics
5:30 - 6:00pm	Kinder & Spec. Pop Swim Lessons
6:00 - 6:30pm	Youth & Private Swim Lessons
6:30 - 7:00pm	Kinder Swim Lessons
6:30 - 7:00pm	3 yr. Old Swim Lessons (Tu OR Th)
7:00 - 7:30pm	Tot Lessons (Tu OR Th)
7:00 - 7:30pm	Adv. Youth Lessons (Tu OR Th)
7:30 - 8:30pm	Family Swim (Tues. Only)
7:30 - 8:30pm	Lap Swim (Thurs. Only)
8:30 - 9:30pm	Water Exercise & Hydrofit

Friday

6:00 - 7:30am*	Early Morning Lap Swim
12:00 - 1:15pm	Adult & Senior Swim
1:15 - 2:15pm	Water Exercise
2:30 - 4:00pm	Seattle Public Schools - BHS
4:00 - 5:30pm	Salmon Bay Aquatics
5:30 - 6:30pm***	Lap Swim
6:30 - 7:00pm	*NEW* Kinder & Youth Lessons
7:00 - 8:00pm***	Public Swim

Saturday (Lessons Only)

9:00 - 9:45am	Water Polo
9:45 - 10:30am	Diving I
10:00 - 10:30am	3yr. Old, Adv. Youth & Pre-Competitive (Drop-In) Lessons
10:30 - 11:00am	Kinder Swim Lessons
10:30 - 11:15am	Diving II
11:00 - 11:30pm	Youth Swim Lessons
11:15 - 12:00pm	Diving I
11:30 - 12:00pm	Tot & Private Lessons

***Private Rentals are available on Saturdays (see pg. 8)**

Sunday

11:00am - 1:00pm	4-Lane Lap Swim
1:00 - 2:00pm	Water Exercise & Hydrofit
2:00 - 3:00pm	Public Swim
3:00 - 3:30pm	Tot & Private Lessons
3:30 - 4:00pm	Kinder & 3 Yr. Old Lessons
4:00 - 4:30pm	Youth Swim Lessons & Private Lessons
4:30 - 5:30pm	Family Swim
5:30 - 7:00pm	Adult & Senior Swim

***Admission to Early Morning Lap Swim is by Recreation Swim Card Only.**

****Program cancelled Tues. & Thurs. Dec. 21, 23, 28 & 30, 2004 due to winter break public swims.**

*****Programs cancelled December 10 due to Metro Swim Meets**

American Red Cross Lifeguard Training Class

December 27, 28, 29, 30

12:00 - 8:30pm

Course cost: \$90.00

CPR mask: \$13.25

(pick up **Lifeguard Training Book & CPR Mask** at your local Red Cross)

Step one to becoming a Lifeguard! Each participant must be committed to attending and participating in class each day. You must be at least 15 years old by the last day of class and have successfully passed a swimming prerequisite "pre-test" which will be conducted prior. (Pre-test dates to be announced.) Learn the skills and knowledge necessary to keep patrons of aquatic facilities safe in and around water. This program includes aquatic-specific first aid and CPR for a professional rescuer! This 30 hour course will be conducted during the Winter Break at Ballard Pool. Please contact the Ballard Pool for specific class dates and times. Sign our "interest list" now! You will be contacted as the course nears! Space is limited. Any further questions please contact us at the Ballard Pool 206.684.4094.

Recreation & Fitness

Swim Descriptions for Fall 2004

Adult & Senior Swim

Adults & Seniors

Three (3) lap lanes in the afternoon and four (4) lap lanes in the evening are provided for swimmers interested in conditioning. Open area available for non-lap swimming activities.

Mon. - Fri. 12:00 - 1:15pm
Mon. & Wed. 8:00 - 9:00pm
Sun. 5:30 - 7:00pm

Lap Swim

All six (6) lanes are provided for lap swimming. Two are designated easy, medium, one fast and another very fast. Please follow the lap courtesy rules provided in the pool deck area. ***Swim card is needed for entry to the Early Morning Lap Swim.**

Mon. - Fri. 6:00 - 7:30am*
Thurs. 7:30 - 8:30pm
Fri. 5:30 - 6:30pm
Sun. 11:00am - 1:00pm (4 lanes only)

Additional Lap Swims - Winter Break

Monday - Friday, Dec. 21 - 30 from 2:30 - 3:30pm

Family Swim

Children & Adults

Children must be accompanied by an adult (**age 18+**) family member in the water. One adult to a maximum of 6 youths ratio. One adult to one child ratio if under 4 ft. Good time to bring young children. Small float toys are allowed.

Tues. 7:30 - 8:30pm
Sun. 4:30 - 5:30pm

Public Swim

Everyone

Children must meet the minimum height requirement of four (4) feet tall or be accompanied in the pool by an adult on a one to one ratio.

Wed. 5:00 - 6:00pm
Fri. 7:00 - 8:00pm
Sun. 2:00 - 3:00pm

Additional Public Swims - Winter Break

Tues. & Thurs., Dec. 21 & 23, 28 & 30 from 1:30 - 2:30pm

Water Exercise

Drop in class

This one-hour program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end of the pool.

M, W, & F 1:15 - 2:15pm
Tues. & Thurs. 8:30 - 9:30pm
Sun. 1:00 - 2:00pm

Hydrofit

Drop in class

This exercise program is a deep-water class using flotation equipment for increased resistance. Great for toning and strengthening.

Tues. & Thurs. 8:30 - 9:30pm
Sun. 1:00 - 2:00pm

Aqua Jogging

Drop in class

A great workout in deep water with no impact. All participants wear a float belt for alignment and flotation support.

Tues. & Thurs. 1:15 - 2:15pm
Class cancelled Dec. 21, 23, 28 & 30, 2004

Shower Only

You may take just a shower at the Ballard Pool for \$2. Our family changing rooms are reserved for this purpose. The family changing rooms are available during our open hours with the exception of peak lesson times (see below).

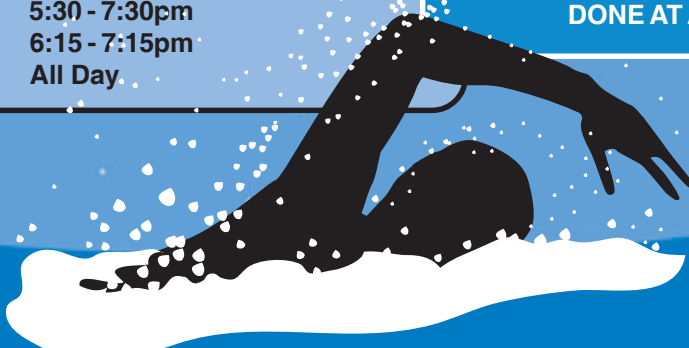
Shower Only is NOT AVAILABLE:

Sunday 3:00 - 4:30pm
Mon. & Wed. 6:00 - 8:00pm
Tues. & Thurs. 5:30 - 7:30pm
Friday 6:15 - 7:15pm
Saturday All Day

Family Fall Fest

(see page 8 for more details)

FLOAT TESTS REQUIRE PHOTO ID AND CAN BE DONE AT ANY PUBLIC OR FAMILY SWIM



Lesson Dates & Registration Info

Lessons Fall 2004

	Dates	# Lessons	Fee	Date	Time
Mon. & Wed. Classes (*no class Nov. 22 and 24)					
Session I	Sept. 20 - Oct. 25	11	\$44	Wed., Sept 1	6:00pm
Session II	Nov. 1 - Dec. 15*	12	\$48	Wed., Oct. 27	6:30pm
Tues. & Thurs. Classes (*no class Nov. 11, 23, and 25)					
Session I	Sept. 21 - Oct. 26	11	\$44	Wed., Sept 1	6:00pm
Session II	Nov. 2 - Dec. 16*	11	\$44	Wed., Oct. 27	6:30pm
Monday Only Classes (*no class Nov. 22)					
Session I	Sept. 20 - Dec. 13*	12	\$48	Wed., Sept 1	6:00pm
Tuesday Only Classes (*no class Nov. 23)					
Session I	Sept. 21 - Dec. 14*	12	\$48	Wed., Sept 1	6:00pm
Wednesday Only Classes (*no class Oct. 27 and Nov. 24)					
Session I	Sept. 22 - Dec. 15*	11	\$44	Wed., Sept 1	6:00pm
Thursday Only Classes (*no class Oct. 28 and Nov. 11 & 25)					
Session I	Sept. 23 - Dec. 16*	10	\$40	Wed., Sept 1	6:00pm
Friday Only Classes (*no class Nov. 26 and Dec. 10)					
Session I	Sept. 24 - Dec. 17*	11	\$44	Wed., Sept 1	6:00pm
Saturday Only Classes (*no class Nov. 27)					
Session I	Sept. 18 - Dec. 11*	12	\$48	Wed., Sept 1	6:00pm
Sunday Only Classes (*no class Nov. 28)					
Session I	Sept. 19 - Dec. 12*	12	\$48	Wed., Sept 1	6:00pm

How to Register for Swimming Lessons

- 1) If you are currently in Ballard Pool swimming lessons, sign up for the new session during the **last night** of your current class.
- 2) **All new participants require a pre-test before registration** to determine what level of Kinder or Youth classes to sign up for. You may take a pre-test free of charge during any of our public or family swims. (Times and Dates on pg. 5.) **Note: Non pre-tested students will go the end of the line during open registration.**
- 3) After a pre-test has been given, please come to our **Open Registration**, dates noted above "Summer Lesson Dates and Registration". Note "New Participant Registration Dates".
- 4) Ballard Pool registration system is done on a "lottery basis". You will stand in line according to the number you draw. **Payment is required at the time of registration.**
- 5) A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if a minimum enrollment is not met. *In the event that classes are full, a waiting list for the current session will be made. New classes added according to pool space and instructor availability.*

3 Yr. Old Lessons/\$6 each

How current participants register if you would like to transfer to another day:

You may register if spots are available after the end of the lesson block on the last night of the current session:

		<u>Session I</u>	<u>Session II</u>
Mon. & Wed.	after 8:00pm	Aug. 30	Oct. 25
Tues. & Thurs.	after 7:30pm	Aug. 31	Oct. 26
Friday	after 7:00pm	Aug. 27	
Saturday	after 11:00am	Aug. 29	
Sunday	after 4:30pm	Aug. 29	

If there are spots available, you may transfer.

Current Private Lesson Registration.

Current group lesson participants wanting to sign up for private lessons.

Who is a Transfer Participant?

Changing day/time of class (switching nights)

Tots moving into **3 Yr. old class**

Tots moving into **K1 class**

3's moving into **K1 class**

L5's moving into **L6/7 class**

Any supervisor approved exceptions based on special circumstances.

Current Private Lesson Registration

Current Group Lesson Participants wanting to sign up for private lessons

All New Participants sign up for private lessons during open registration

(see page 7 for private lesson dates & times.)

Thursday, August 26 @ 6:00pm

Thursday, August 26 @ 7:00pm

Wednesday, September 1 @ 6:00pm

Lesson Description

Tot Lessons 6 months thru 3 years

This is a water adjustment class for infants and toddlers. Parents accompany their children into the water for enjoyment, fun, and education into the aquatic experience of Ballard Pool. Swim diapers required.

Sunday 3:00 - 3:30pm
Tues. OR Thurs. 7:00 - 7:30pm
Thursday 1:15 - 1:45pm

Three Year Old Lessons 3 years

A small class of (3) three years olds. Designed to prepare them to enter Kinder Swim Lessons. Total session price is in parenthesis, \$6/class. (Once a child is 4 years old they need to register for K1 on an availability basis.)

Sunday 3:30 - 4:00pm (\$72)
Mon. & Wed. 6:30 - 7:00pm (\$66)
Wednesday 7:00 - 7:30pm (\$66)
Tues. OR Thurs. 6:00 - 6:30pm (\$72)
Saturday 10:30 - 10:30pm (\$72)

New

Friday Evening Swim Lessons

Kinders & Youth Levels

Friday 6:30 - 7:00pm

Kinder Lessons 4 - 6 years

Designed to teach the basic skills of swimming and water safety. Children learn mostly by imitation and by responding to certain stimuli. Swim lessons meant to be fun and educational.

Sunday 3:30 - 4:00pm K1, K2, K3, K4
Mon. & Wed. 6:00 - 6:30pm K1, K2, K3, K4
Monday 7:00 - 7:30pm K1, K2, K3, K4
Tues. & Thurs. 1:45 - 2:15pm K1, K2
5:30 - 6:00pm K1, K2, K3, K4
6:30 - 7:00pm K1, K2, K3, K4
Friday 6:30 - 7:00pm K1, K2, K3
Saturday 10:30 - 11:00am K1, K2, K3, K4

Diving Must be swimming Level 5 or higher and very confident in deep water, and on the diving board.

This diving class is designed to teach strong safety habits and basic diving skills. Each skill builds on previously learned material. Regular attendance is strongly recommended. This course is highly organized, with an emphasis on fun. A sample of dives taught: forward and back approaches and take-offs, forward and back dives, inward dives, and other similar foundation skills. The instructor, David Dawson, has a 30 year history in the sport, with numerous medals in international competition. He currently coaches with Seattle Diving, Seattle University, and at Ballard High School.

Saturday **Diving I** 9:45 - 10:30am
Diving II 10:30 - 11:15am
Diving I 11:15 - 12:00

Youth Lessons 7 - 14 years

American Red Cross format. A series of classes Levels 1 - 7. New participants must be "pre-tested" to establish what level to attend. Please see "How to Register" on page 6.

Sunday 4:00 - 4:30pm L1/2, L3, L4, L5
Mon. & Wed. 6:30 - 7:00pm L1/2, L3, L4, L5
6:00 - 6:30pm L6/7
Wednesday 7:00 - 7:30pm L1/2, L3, L4, L5
Tues. & Thurs. 6:00 - 6:30pm L1/2, L3, L4, L5
Tues. OR Thurs. 7:00 - 7:30pm L6, L7
Friday 6:30 - 7:00pm L1/2, L3, L4
Saturday 11:00 - 11:30am L1/2, L3, L4, L5
10:00 - 10:30am L6/7

Adult Lessons Adults Only

From beginner to advanced skills. Classes tailored to meet individual needs.

Mon. & Wed. 7:30 - 8:00pm

Pre-Competition Drop In

For youths Level 6 or above. Learn advance swim stroke techniques, turns, and racing starts.

\$4 per class
Mon. & Wed. 7:30 - 8:00pm
Saturday 10:00 - 10:30pm

Special Population Lessons

Call 684-4094 for info

Small individualized or main stream classes for patrons with special needs.

Private Lessons All Ages

Personalized attention for faster progress. \$22/half hour, or \$32/half hour for semi-private lessons. Registration is required. No refunds.

Sunday 3:00 - 3:30pm
4:00 - 4:30pm
Mon. OR Wed. 7:30 - 8:00pm
Tues. OR Thurs. 6:00 - 6:30pm, 7:00 - 7:30pm
Wednesday 7:00 - 7:30pm
Saturday 11:30 - 12:00pm

Synchronized Swimming 7 - 14 years

Learn the basics of this graceful aquatic sport. Professional synchronized swimming instructors from Seattle Synchro will be coaching. Swimming level 5 or above

Mondays 7:00 - 8:00pm

Water Polo 10 - 18 years

Learn the basics of this fast moving, exciting sport. Throwing, catching, shooting the ball, rotary kick, game strategies, and scrimmages are a sample of what will be taught. Swimming level 6 or above.

Saturdays 9:00 - 9:45am



Special Events at the Ballard Pool

Synchronized
Swimming
Mondays
7:00 - 8:00

Swimming Daily

Water
Polo
Saturdays
9:00 - 9:45

Diving
Saturdays
9:45 - 12:00

4th Annual Family Fall Fest

Sunday, November 28, 2004
3:30 - 5:30pm

This is your chance for that extended family swim time you've always wanted.

- Tot races
- Games & songs
- Parent rope swing contest
- Clown and balloons
- Prizes & snacks

**Come for the family fun of it.
Regular admission prices.**

Ballard Pool's Own Advisory Council *Ballard Pool Needs You!*

Ballard Pool will begin meeting with a citizen advisory board this summer. Topics for discussion will include swim lessons, lesson registration, programming, fundraising, special events, and capital improvements. This is an opportunity for **YOU** to be heard and to contribute! We will meet once a month for no longer than one and a half hours. If you are interested please call Karl Fields (684-4094), the Ballard Pool Coordinator or email him at Karl.Fields@seattle.gov. Please call for meeting dates and time. **Thanks!**

Back to School Swim

Friday, September 17, 2004
7:00 - 8:00pm

All kids swim free!

Fall Health & Fitness Day

Friday, October 8, 2004
12:30 - 3:00pm

Come join in the healthy festivities:

- **Swimming** 12:00 - 1:15pm
- **Water Exercise** 1:15 - 2:15pm
- **Potluck** 12:30 - 3:00pm
please bring a healthy dish to share
- **Mini Massages**
- **Blood Pressure Checks**
- **Spinal Exams**
- **Acupuncture**
- **Personal Training Info**

Rental Info

Rent the Ballard Pool for your next party!

Fun, Fun, Fun, in your own private setting. Have all your friends enjoy the rope swing, slide, spa - and rent the lobby to continue the party!! **Private rentals of the Ballard Pool are available on Saturdays.**

Call (206) 684-4094 to request your party date.

(Ballard Pool will be unavailable for rentals on the following dates: 8/21, 8/28, 9/11, 9/18, 10/16, 11/20, and 12/18, 2004)